

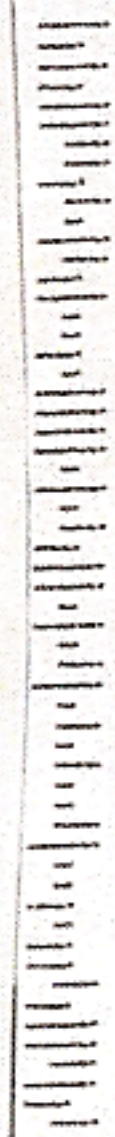
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DECEMBER 2, 2005

ART BY DRU FREDERICK

HEALTH, BEAUTY & FITNESS

Skin deep with Samantha Altea

Makeover Mondays

I've had a bit of a grim few months. I've been sick, I've been stressed; I've been a mess. Now, as temperatures plummet, you also feel like nothing seems right with the world? At least that's how we all feel at times, on a cold Monday morning route to, perhaps a job we don't love, or a chore we've been putting off. Right? You take a quick look at yourself in your car mirror and yuk, your skin looks sallow and pasty, it seems like every day of late has been a bad hair day. You've got roots showing, frizz flowing and the style you had during the hazy days of summer is non-existent. Even your mascara has smudged. Then you look down and see that your nails look as if they've been immersed in water for a week with chipped, or no polish at all. Or worse. Hang nail!

After a day, a week, or even a month of manic Mondays, even if it is a Tuesday, there's simply only one thing to do: Make a date for a make-over, or even a make-back to who you once were. It won't cure all the wrongs, but trust me, you'll look and feel much better when dealing with them and that can make a world of difference.

I'd had a heck of a week and so I walked into my hairdresser's and said help. With a capital H. My highlights had grown out and I needed a good 3 inches off my ends. You know how that is. I settled into the chair and instantly felt myself relax. My hairdresser, whom I love and trust, was delighted to see me and the two of us eased in to a comfortable chin wagging. She offered me a beverage, and though I declined the wine, it felt good to be pampered as I sipped on my bubbling glass of water served in a wine glass. Nice. Mala, hairdresser extraordinaire, offered me a magazine as she foiled my hair, spinning gold through it like an artist. After reading silly, wonderful gossip and nonsense, I felt myself being transported to a better place. Being placed under a warm cozy lamp to "cook" helped even more. Before too long I was shampooed. The wonderful thing about my salon is that they give you a head massage when they shampoo. Bliss. By the time I'd had a trim and blow dry, I was walking on air. But that wasn't enough. I

headed over to my closest department store and asked for a make-up make-over. It's an inexpensive way to have your make-up applied. I tried new lipstick tones and shadow colors and let myself just be as the artist applied the make-up with soft brushes in a sweet manner. I even treated myself to a new lipstick. When she was done, I took a look at myself in the mirror and almost didn't recognize what I saw. With gorgeous new hair and make-up that accentuated my assets, I was back to myself again. I was back home again, at least for today. But there was

one last thing to do. I headed to get a mani and pedi. The girls in the salon soothed and smoothed my hands and feet. Before I knew it, I could sign a check without feeling like a schlep.

At the end of the day, I walked home with my head higher and my spirits raised. All of my worries and woes vanished for a while. It's amazing what looking good on the outside can do for the inside.

So as we approach the holidays, give yourself a gift, a make-over Monday, and see how looking good can affect how you feel.

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